

2017 Holiday Survivor Transformation Contest

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Transformation Contest Rules:

- 1) All Contestants must weigh-in on Saturday, 10/14/17 between the hours of 10am and 4pm. (Unless other arrangements have been made with trainer)
- 2) Each Contestant must Journal all Food, Water, Daily Exercise, Pedometer Steps to receive fitness points. If Journal is not received by Fitness Factory Personnel by the end of the program (Sat Dec 9, 2017), Fitness points accumulated throughout program will not be counted.
- 3) Clients must report all activity on Saturday each week for points to be accumulated for that week.
- 4) Weigh-ins will be conducted at The Fitness Factory during normal business hours. Appointments will be set up for weigh-ins if necessary.
- 5) The Contestant with the most % body weight lost will win 1/2 of the total cash prize. (Total cash prize will be announced the first week of the contest.)
- 6) The Contestant with the most fitness points will win 1/2 of the total cash prize.
- 7) All Contestants must weigh-in on Saturday, 12/9/17 for Final weigh-in between the hours of 10am and 4pm. (Unless other arrangements have been made with trainer)
- 8) All Fitness Points must be reported by 11:59pm on Friday, 12/8/17 for points to be counted and tallied.
- 9) Winners will be Announced on the week of Dec 11, 2017 and arrangements will be made for Contestants to pick up their prize. Cash Prizes will be available until 1/12/18, all cash prizes that are not claimed by this time will be donated to charity of the month. Contestants will be notified by email so be sure to provide a valid email address.
- 10) This contest is designed to help you stay on track during the Holiday Season it is for fun and to keep you accountable, it is largely based on the honor system and if you are caught cheating in any way you will forfeit your chance to win the cash prize and prohibited from joining in future contests held at The Fitness Factory.

Fitness Point Tracking System:

**Food Tracking** (each day) : 1 Point

**Daily Exercise** (Must be a minimum of 30 min per day) : 1 Point

**Water Consumption** (Must be a minimum of 64oz per day) : 1 Point

**Pedometer Step Tracking** (Must be a minimum of 10,000 steps per day): 1 Point